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HEY TEEMU, WINNIPEG WILL ALWAYS LOVE YOU

Teemu Selanne tosses a puck into the crowd during warm up at the MTS Centre before the Anaheim Ducks and the Winnipeg Jets faced off Sunday. The popular former Winnipeg Jet is in his final season with the NHL and this was his last appearance as a player in the city. Game coverage, page 18. TREVOR HAGAN/THE CANADIAN PRESS

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NEWS 1

Bank robbery. Police release images of suspect

Winnipeg police released images on Friday taken from video surveillance footage during an alleged robbery at a downtown bank.

Const. Jason Michalyshen said police don't have more information on the actual incident, which took place on Sept. 30 just before 4 p.m. at a bank in the 200 block of Portage Avenue, but have decided to make the images public.

Winnipeg police have released photos of the alleged suspect. COURTESY WINNIPEG POLICE SERVICE

Police believe the man confronted one of the employees, took an undisclosed amount of cash and then fled.

He's described as Caucasian with a fair complexion, 45 to 55 years old, five-foot-nine tall and with an average build. He was wearing khaki-coloured pants and a red jacket with a white stripe running down each sleeve from shoulder to cuff.

Police also said the suspect was wearing glasses but they may only be for reading since he took them off before the robbery.

"We're not associating him to any other robberies at this point, none that I'm aware of, but certainly once we have the opportunity to identify this individual, anything and everything is possible," said Michalyshen.

Anyone with information on this individual is asked to contact the Major Crimes Unit at 204-986-6219 or CrimeStoppers at 204-786-TIPS (8477). METRO

MPI. Profits nearly double over last year at public insurance firm

Manitoba Public Insurance recorded a profit of almost $42 million in the first six months of the 2013 fiscal year.

That's an increase of nearly $21 million over the same time period last year.

Heather Reichert, MPI's vice-president of finance, says they're heading into the fall and winter months in a stable financial position.

Investment income increased $20.5 million from the first six months of last year primarily due to gains on the sale of equities, offset by the impact of increasing interest rates.

Claims incurred for the six months, ending August 31, decreased by $4.5 million compared to last year due to a decrease of $11.2 million in bodily injury claims.

Earlier this year, MPI applied for a rate hike of 1.8 per cent.

THE CANADIAN PRESS/CJOB

No boo for you. Winnipeg school decides to cancel Halloween celebrations

Some parents are upset at the decision by a Winnipeg school to cancel Halloween.

They're also annoyed the annual Winter Concert has been replaced by an evening of African drumming.

Hastings School offers classes to children from Grade 1 to Grade 8.

Parent Stephen Meleck says he's "pretty worked up" while parent Diane Traverse says it's taking Halloween and Christmas away from the children.

She says both holidays have been celebrated before and she thinks to cancel them now implies they are wrong.

The Louis Riel School Division says it does not mandate what traditions and activities are practised at any particular school.

It says the parents should get in contact directly with the school's administration. CTV WINNIPEG

2 men arrested in alleged hotel prostitution case

Young, but not underage. Three or four women involved, ages 18 to early 20s, police say

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

Two men arrested in connection with a prostitution case are known to law enforcement, a Winnipeg police spokesman said on Friday.

Const. Jason Michalyshen said the police's new Counter Exploitation Unit began its investigation in late September.

Police allege the two men were arranging hotel room visits with recruited women where money for sexual acts was exchanged and they received a portion of the payment.

Michalyshen said three or four women were involved and none are underage, but added the women were still young, aged around 18, 19 and early 20s.

"When we see vulnerable people being taken advantage of in this fashion, truly it needs to be dealt with and we're certainly pleased with these arrests."

A source told Metro there were two hotels involved in the case, one located centrally and one in the Weston area. While no charges are coming for the hotel owners and staff in this case, Michalyshen did take time during Friday's press conference to urge staff at all hotels to contact police if they see anything suspicious.

Const. Jason Michalyshen said police have arrested two men who are alleged to have run a prostitution ring out of hotels. BERNICE PONTANILLA/METRO

Police said one of the suspects is also alleged to have assaulted one of the women.

Andre Mitchell, 42, is charged with living on the avails of prostitution, keeping a common bawdy house, assault with a weapon and three counts of breach of probation.

Robert Gow, 28, is also facing prostitution and bawdy-house charges.

They are both detained.

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Osborne House CEO Barbara Judt, currently on medical leave, called the takeover a conspiracy in a recent Facebook post.
METRO FILE

Province ousts Osborne House board

Ongoing spat.
Manitoba government cites problems with level of counselling, front-door security

The Manitoba government is taking over a Winnipeg shelter for abused women and children.

The move follows two weeks of negotiations between the Department of Family Services and the board at Osborne House to resolve health and safety issues at the shelter.

The provincial government had ordered the shelter to come up with a plan to resolve the issues, but says independent consultants deemed the board was unprepared to do so.

Marlene Bertrand, a family violence prevention expert, has been appointed provisional administrator of the facility.

Staff is not affected as the executive director is already on medical leave, but the remaining board members have effectively been fired.

Osborne House is the largest of 10 domestic violence shelters in Manitoba with just over $1.6 million tax dollars funding its operations.

The Manitoba government says there are problems with the level of counselling at the shelter and the front-door security is lacking. It also says a possible case of child abuse was not reported to authorities.

The NDP government has been embroiled in a nasty spat with the shelter that has involved accusations of racism, political favouritism and a toxic work environment.

Osborne House CEO Barbara Judt has insisted the NDP is targeting the shelter partly because she attended a news conference with the opposition Progressive Conservatives in the 2011 election campaign when the Tories promised $5 million to upgrade the shelter.

And in an email last year, Aboriginal Affairs Minister Eric Robinson denounced a burlesque show that raised money for the shelter. THE CANADIAN PRESS, WITH FILES FROM CJOB

Rural areas. Three dead in two collisions

Three young people are dead after two collisions in 12 hours in rural Manitoba this past weekend.

The first happened just outside Winnipeg at about 4 a.m. on Saturday. East St. Paul RCMP said a 19-year-old woman and two passengers were driving on Henderson Highway when their vehicle rolled in the 3700 block and landed in the ditch.

A 20-year-old man was pronounced dead at the scene. He was not wearing a seatbelt.

While police have not identified the man, friends identified him as James Hayes, a graduate of River East Collegiate.

Police said the driver had been drinking but refused to provide a breath sample. She is in police custody and faces charges of impaired driving causing death and refusal to provide breath samples causing death.

Twelve hours later, Portage la Prairie RCMP were called to a collision near MacGregor, Man., on the Trans-Canada Highway.

RCMP said an eastbound Manitoba Office of the Fire Commissioner pickup truck rear-ended another car carrying four passengers.

A 17-year-old boy from Austin, Man., died at the scene and a 14-year-old died in hospital.

The man driving the pickup truck, a 45-year-old man from Elie, was not hurt.

RCMP said charges are being considered but the investigation continues.
METRO

MENTAL HEALTH MATTERS: JUST BE

WHAT'S GOOD
Ace Burpee

Today marks the start of Mental Illness Awareness Week. I'll be host an evening of speakers and Q&A tonight beginning at 6 p.m. at McNally Robinson. This will be a stigma-free zone.

In the meantime, remember you are not alone ... and you can work on your mental health right now by remembering these things:

Exercise matters very much to your mental health. You can do it. Volunteer. You can help yourself by helping others. Write down things you recall making you feel happy, moments that made you proud, or anything positive you've felt. They'll be there for you to read when you need them.

Indulge your creativity. There is no right or wrong in art. Draw, paint, decorate, sing, get back into that hobby or start one anew. Laugh. As often as possible.

Shut your phone off when you're with friends. Take a walk and just observe and listen to the environment, instead of running through the events of the day in your mind or making a mental list of everything you've got on your plate. Just be.

We're all in this together. We all have our challenges. Be good to yourself, and be good to others. We'll be OK.
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Canadians freed from jail as violence erupts in Egypt

Unexpected release. Tarek Loubani and John Greyson awaiting papers to come home, while at least 50 killed in latest clashes

The two Canadians released from a jail in Cairo early Sunday are recuperating in a hotel after their painful collision with the upheaval in Egypt.

Tarek Loubani, an emergency-room doctor from London, Ont., and Toronto filmmaker John Greyson are "resting and getting acclimatized" to their unexpected freedom while waiting for travel documents to come home after their seven-week ordeal, said Greyson's sister.

Cecilia Greyson, who was in Toronto on Sunday to get ready for their eventual return, said no travel plans have yet been made and that the two men were "getting back to eating solid food slowly, under a doctor's supervision."

They had staged a hunger strike toward the end of their detention, living on juice and water for two weeks.

The Associated Press reported the pair were prevented from flying out of Cairo after their names appeared on a "stop-list" issued by prosecutors; the news agency attributed the information to airport officials.

Tarek and Greyson were arrested Aug. 16 during a day of bloody clashes between security forces and supporters of the Muslim Brotherhood.

By coincidence, their release Sunday came as similarly bloody clashes broke again across the country, with at least 50 people reported killed by nightfall.

TORSTAR NEWS SERVICE

Supporters of Egypt's ousted President Mohammed Morsi mourn their relatives killed during clashes with security forces in Cairo on Sunday. HASSAN AMMAR/THE ASSOCIATED PRESS

Anaya. UN to survey aboriginal concerns

A United Nations fact-finder is set to take stock of the plight of Aboriginal Peoples in Canada.

The UN has dispatched law professor James Anaya to speak to First Nations representatives and government officials as he drafts a report for the world body.

As the UN's special rapporteur on indigenous rights, Anaya is responsible for promoting laws and policies that support indigenous peoples around the world. He will also look at their living conditions and issue reports and recommendations.

The rapporteur has no binding authority. Rather, he aims to shame governments into action by bringing unacceptable conditions to light.

The federal government will get a chance to respond to Anaya's findings before a final report is circulated and presented next year to the UN Human Rights Council.

THE CANADIAN PRESS

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PQ asks Russia to give clemency to activists

Quebec is wading into international waters, calling for clemency from the Russian government in the case of Greenpeace activists arrested during a protest last month.

Jean-Francois Lisee, the Parti Québécois government's minister of international relations, is asking for clemency in the case of a Quebec resident held in Russian prison.

The crew of the seized Greenpeace ship Arctic Sunrise includes Alexandre Paul of Montreal and Paul Ruzycki of Port Colborne, Ont. They could each face a 15-year prison term on charges of piracy.

Lisee said he's been in contact with Canada's consular services and is putting pressure on the federal government to do more.

He said he's hoping to meet with Foreign Affairs Minister John Baird in the coming days. "The legality of the arrest is questionable, and especially the charge of piracy, which carries a possibility of 15 years in prison, is clearly exaggerated," Lisee said in a speech late Saturday at a Montreal vigil.

Russia seized Arctic Sunrise after a protest at an oil drilling platform located in the Arctic circle, charging all 30 on board with piracy. THE CANADIAN PRESS

Piracy charges 'absurd': Greenpeace

Russia seized Arctic Sunrise after a Sept. 18 protest at a Gazprom oil drilling platform located in the Arctic circle, charging all 30 on the boat with piracy.

- Alexandre Paul's mother has urged the federal government to get more involved in the case.
- Nicole Paul said she found the charges against her 35-year-old son excessive, given that his goal was to raise awareness about environmental issues.
- Greenpeace denies any wrongdoing and describes the charges as absurd.
- On Saturday protests were held in a handful of Canadian cities as part of a day of action against the arrests.

Not so funny, actually

Culprit dubbed 'poopetrator' at a Yale college

Yale University hopes to solve a case of whodungit by identifying the stinker who has been soiling students' laundry by sticking human feces inside clothes dryers.

The culprit is being blamed for at least four incidents in the past month in the laundry room at Saybrook College. THE ASSOCIATED PRESS

Youthful adventurer

Nine-year-old stowaway flies to Vegas, no ticket

A nine-year-old Minneapolis boy was able to get through security and onto a plane at the Minneapolis-St. Paul International Airport without a ticket, an airport spokesman said Sunday.

Security screened the boy at the airport shortly after 10:30 a.m. Thursday, airport spokesman Patrick Hogan said. The boy then boarded a Delta flight that left for Las Vegas at 11:15 a.m.

The flight crew became suspicious and contacted police. THE ASSOCIATED PRESS

Relay to Sochi underway

Russian President Vladimir Putin smiles while ceremonially lighting the Olympic flame with a torch at Moscow's Red Square on Sunday. The four-month relay to Sochi for the Winter Games got off to a rocky start Sunday when one of the torches went out. The glitch occurred when a torch bearer ran through a long passageway leading into the Kremlin, which apparently created a wind tunnel, extinguishing the flame. A man standing along the route pulled out a lighter and the flame leaped back to life. Apparently the problem was that the valve on the torch was not fully open. IVAN SEKRETAREV/THE ASSOCIATED PRESS

Mexico. Monster truck hits crowd, killing eight

An out-of-control monster truck shot into a crowd of spectators at a Mexican air show, killing at least eight people and hurting 80 others, dozens seriously, officials said.

Carlos Gonzalez, spokesman for the Chihuahua state prosecutors' office, said the driver appeared to have lost control of the truck after leaping over a pile of cars it was crushing during a demonstration at the "Extreme Aeroshow" on Saturday.

Some witnesses said the driver appeared to have hit his head on the interior of the truck as he drove over the old cars, with at least two reporting seeing his helmet come off before the massive vehicle drove into the crowd of terrified spectators, who tried to flee.

Spectator Daniel Dominguez, 18, said he was happily watching the show with a group of relatives when the truck came down hard in the middle of the cars.

His 11-year-old sister was in surgery for injuries to her legs, and his mother was treated for minor contusions.

THE ASSOCIATED PRESS

Doctor's orders

President of Argentina to rest after brain injury

President Cristina Fernandez's government was in uncharted territory Sunday after doctors told the Argentinian leader to take a month's rest because they found blood on her brain from a head injury.

While experts called the prescription good medicine, it could prove politically risky for her to leave the campaign trail just three weeks before nationwide elections determine control of Congress.

THE ASSOCIATED PRESS

Italy looks to Europe as migrant bodies surface

Lampedusa tragedy. Tens of thousands of migrants from Africa and the Middle East arrive each year seeking refugee status

Italian and Eritrean migrant boys play football on Sunday where boats formerly used by immigrants arriving in Lampedusa, Italy, lie disused. The search for bodies continues off the Italian coast. TULLIO M. PUGLIA/GETTY IMAGES

An Italian government minister born in Africa watched wordlessly Sunday as soldiers wearing face masks carried body bags containing migrants from her continent who perished when a fishing boat transporting 500 asylum seekers from Eritrea sank within sight of the tiny island of Lampedusa.

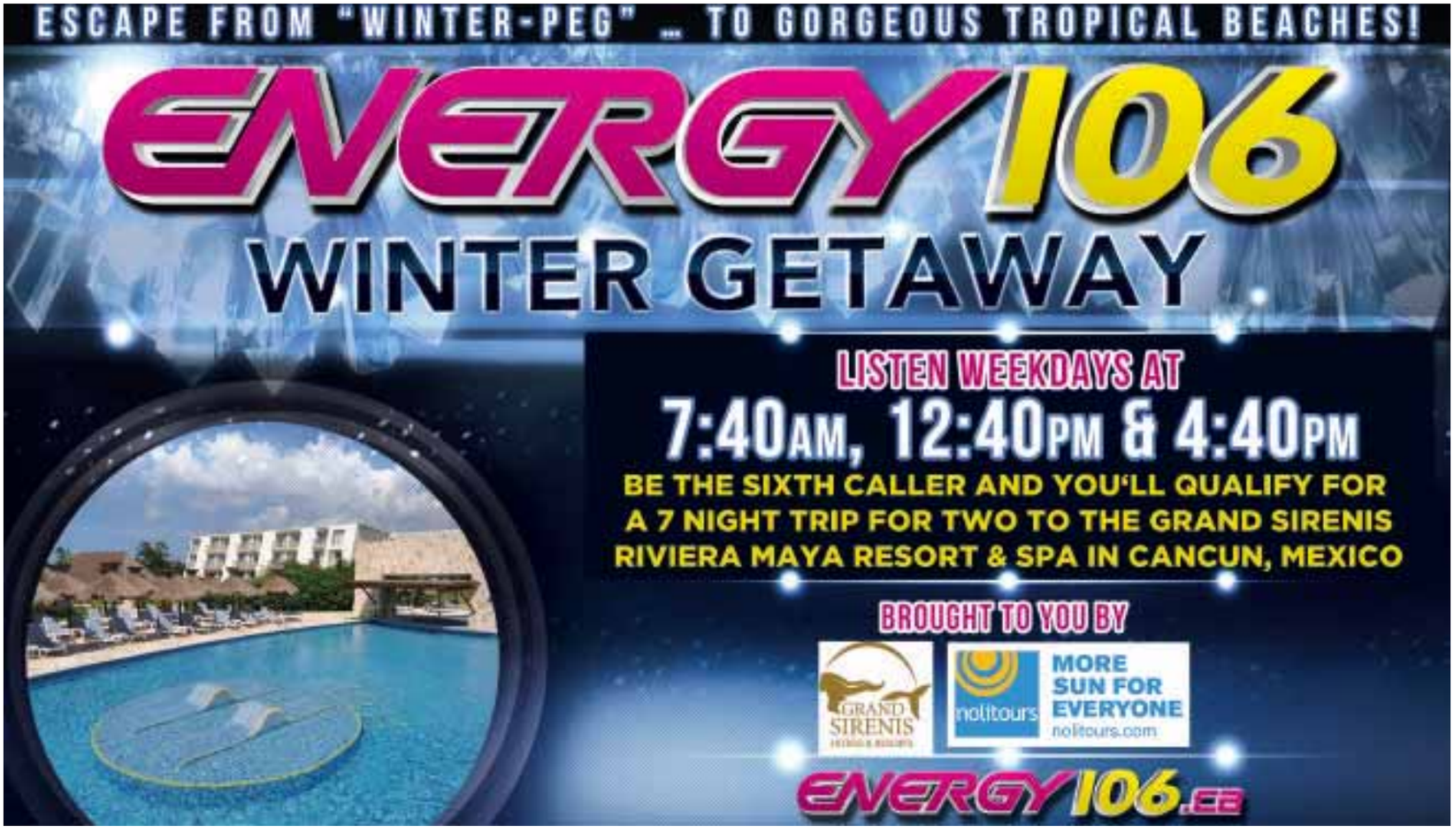
Divers recovered 70 more bodies after seas calmed enough to resume search operations after a two-day suspension, increasing the death toll to at least 181. More than 150 others are presumed to be missing, trapped in the wreckage about 50 metres below the surface.

Italy has been receiving signs of solidarity from its European partners. French Foreign Minister Laurent Fabius said Europe must act to stem the migrant tragedy, adding that both France and Italy have asked that the subject be placed on the agenda of Tuesday's EU interior ministers' meeting.

"We cannot deal with this tragedy alone, but together with Europe," said Italy's integration minister Cecile Kyenge. "We must give answers to those who flee, need protection, and come here for help."

The fishing boat carrying the migrants sank early Thursday after passengers panicked by flames set to draw attention bolted to one side of the boat, capsizing it.

THE ASSOCIATED PRESS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New tack. Grocers aim for healthy bottom line by offering healthier options

After years of relentless price wars, Canadian supermarket chains are experimenting with fresh ideas to fend off a new competitive threat, food stores for the health conscious.

While U.S. retailers like Target and Walmart have grabbed much of the attention in Canada, another battle is being waged in the produce section, one of the few bastions of the food industry that hasn't been reduced to rock-bottom prices to attract customers.

"It's a very competitive market, no question about it," Sobeys president and CEO Marc Poulin said. "We continuously strive to give better pricing to our consumers ... but at the same time, price is not the only thing they're looking for in a supermarket."

THE CANADIAN PRESS

Tit for tat

- Sobeys has launched a partnership with British celebrity chef Jamie Oliver designed to encourage Canadians to eat healthier.
- Loblaw is following a similar approach with the launch of Nutshell Live Life Well, a health food test store that will open in downtown Toronto.

Supermarkets have been engaging in a price war for your food dollar. Now Sobeys CEO Marc Poulin, pictured, is trying a new strategy by offering a greater variety of healthy foods, such as vegetables. NATHAN DENETTE/THE CANADIAN PRESS

Malaysia's oil and gas co.

Harper greeted by $36B investment boost by Petronas

Prime Minister Stephen Harper arrived in Bali for an Asia-Pacific leaders' summit Sunday bearing what could be called a $36-billion vote of confidence from Malaysia's state-owned oil and gas company. Malaysia's prime minister said the country's state-owned oil and gas company Petronas has committed to construction of a liquid natural gas plant in British Columbia and the pipeline to feed it. THE CANADIAN PRESS

Would you let Rogers know where you are for a deal?

Thousands already have. Customers are sharing their location with the company in exchange for bargains

When Aidan Nguyen was visiting Chicago last month he got 25 per cent off a meal simply by using the app Foursquare to "check-in" at a restaurant on his smartphone.

The self-described shopaholic said he's always looking for a good deal when he's out and often posts his location on his social networks.

Available for years in the United States and England, location-based mobile marketing is moving into Canada. This month, customers with Rogers Communications can sign up for text messages that will alert them to deals when they are near specific retailers.

Nguyen said he's willing to share his location in return for a deal.

"When you're walking around, then why not?" asked the 24-year-old Toronto public relations consultant. "If the offer is fitting for what I'm looking for, and it's a good promotion, I'll check it out."

Rogers said a few thousand people have already signed up for the option, which offers discounts at six retailers, including Rogers Wireless, Sears Canada, A&W Restaurants, The Second Cup Ltd., Future Shop and Pizza Hut. THE CANADIAN PRESS

Aidan Nguyen poses for a photograph using his smartphone app in Toronto. Rogers has launched a service where its customers can sign up and get texts with deals when they're near a participating business. NATHAN DENETTE/THE CANADIAN PRESS

What's next, mind meld?

"What geo-targeting is starting to get is context. Where you are matters, but what marketers really want is intent."

Grant Packard, a professor at the School of Business and Economics at Wilfrid Laurier University, on the pluses and minuses of location-based marketing.

Crocs going from swamps to dinner plates

Crocodiles were once so abundant along the salty rim of southern Jamaica that images of their toothy jaws and spiny armour crown the tropical island's coat of arms and are stenciled on the bumpers of military vehicles.

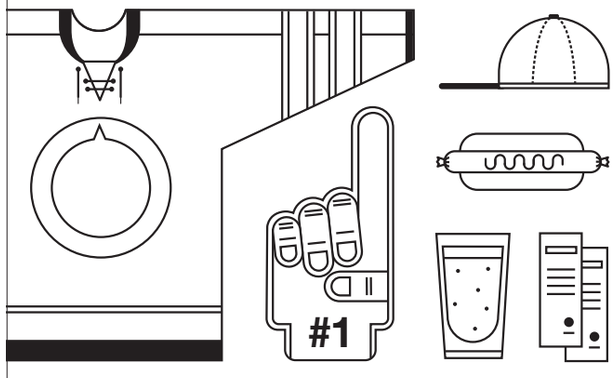
Now, the big reptiles are increasingly difficult to spot, and not just because they blend into swampy backgrounds. These days, a growing taste for crocodile meat and even eggs in Jamaica has conservationists worried that the reptiles might be wiped from the wild altogether, although they've been protected by law since 1971.

"I went from never hearing about anyone eating crocodile meat, much less crocodile eggs, to hearing about it all the time. There's just so much carnage going on," said Byron Wilson, a reptile specialist at Jamaica's University of the West Indies.

Crocs have steadily reclaimed their range in Florida, after rebounding from the edge of extinction. But experts believe the reptiles may be reaching a tipping point in Jamaica.

THE ASSOCIATED PRESS

Unfortunately for two-year-old crocodile "Sylvester" he and his pals have become a popular menu item. Conservationists are worried crocs could be wiped out in Jamaica. DAVID MCFADDEN/THE ASSOCIATED PRESS



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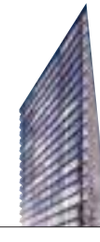

WHERE STREETS HAVE SO MANY NAMES

URBAN COMPASS

Colin Fast
winnipeg@metronews.ca

As we all know, giving directions to visitors in Winnipeg can sometimes be a confusing exercise.

"Want to get to the Legislature? Well, you just take Salter to Isabel to Balmoral to Colony to Memorial, and you're right there."

"Umm, OK. Which directions do I turn though?"

"Oh, no turns, that's all the same street."

You get the same thing going from Osborne to Dunkirk to Dakota, or following Brookside to King Edward then Century then Kenaston.

Many of these multi-named streets are the result of local differences dating back to the days before Unicity, when Winnipeg was governed by 12 regional governments.

However, some of them were created by more recent council decisions, like turning Main Street into Queen Elizabeth Way for two blocks before it becomes St. Mary's Road (not to be confused with St. Mary Avenue, which also runs off Main).

Even non-major streets aren't free from the name game, as city hall gets regular requests to rename streets to honour local residents or organizations.

To try to reduce confusion, the city adopted a new street names bylaw a few years ago that discourages renaming existing streets. But like most bylaws, this one was apparently made to be broken.

On Wednesday, executive policy committee will consider — and likely approve — a request from the Canadian Museum for Human Rights to rename a portion of Waterfront Drive to Israel Asper Way.

Most Winnipeggers are familiar with Mr. Asper's accomplishments as a businessman, lawyer, politician and philanthropist. His name is on the business school at the University of Manitoba and a research centre at St. Boniface Hospital; he's part of the Citizens Hall of Fame in Assiniboine Park; and I'm sure the CMHR will have a tribute to him on display, since the building was his dream.

So with all that in place, why the need to rename part of an already existing street, especially one in an area frequented by visitors?

Of course, the solution offered in the street names bylaw isn't much better. It allows for honourary names for streets in addition to the ones they already have. So, last week a block of James Avenue got secondary signs saying, Honourary Joseph Du Way to celebrate one of the champions of Chinatown. The city has also approved adding signs to Provencher Boulevard (also part of Route 57 by the way) that say Boulevard La Liberte to honour the 100th anniversary of the French language newspaper La Liberte.

It was bad enough when streets changed names, but having two street signs on the same block is just absurd.

The easy solution is for the city to stop renaming, and just collect nominations for the naming of future streets, so we can get an Israel Asper Way or Joseph Du Drive or Terry Fox Boulevard in a new development. As an added bonus, this would save us from the horrific names like Puffin Bait Cove or Lychee Berry Ridge that local developers seem to favour.

ZOOM

Pass a thousand tonnes of salt

DIMITRI MESSINIS/THE ASSOCIATED PRESS

Abundance of salt in Greece is protected

Salt is collected at a production site in Messolonghi, western Greece. Salt lakes at Messolonghi are used for production by solar evaporation. The facilities are the largest salt works in Greece, and are located at a protected wetland complex of estuaries and lagoons. THE ASSOCIATED PRESS

In good taste

110,000

The Messolonghi production sites produce 110,000 tonnes of salt per year, which is enough to meet 40 per cent of Greece's needs.

Many European salt marshes have become exposed to industrial and agricultural pollutants, including pesticides and heavy metals. As a result, many of the marshes are protected under the EU's Habitats and Birds Directives.

Wheel traces are seen on a salt lake. DIMITRI MESSINIS/THE ASSOCIATED PRESS

WE ACT:
CANADA DOES GOOD

Young environmentalist stirs change in Calgary

Canadians across the nation are up to a whole lot of good. Here's one we'd like you to meet.

Who: Cassidy Robertson, 18, environmental go-to girl, (pictured on the left).

Where: Calgary, Alta.

What: Founded club.one.twenty, dedicated to making 120 community improvements and co-founded a local recycling plant.

Why: To reduce our ecological footprint by encouraging others to recycle, buy locally and respect nature.

What inspired you to get started? "I realized a lot of my peers didn't realize they could make a change. Our club has brought recycling bins into our school, cleaned up litter, and promoted Fresh Face Fridays, a day to empower young girls to come to school without makeup. As an advocacy campaign, I made my grad dress out of pop tabs and have hosted a workshop on conscious consumerism — bringing awareness to consumers and showing them how to make their own deodorant."

Do you have any advice for people passionate about an issue? "I would tell them to just jump in. If they are passionate about the environment they should volunteer at environmental organizations. You can learn a lot of things if you want to — I did that through volunteering."

What are your plans for the future? "Since graduation, I have co-founded Half Full Recycling Plant, where we turn plastic bottles into plastic pellets to get melted down into new plastic. I will also continue working as a youth co-ordinator at Empowering Minds, helping young people plan and execute their own projects and become leaders."

WE WANT TO HEAR FROM YOU: Send us your comments: winnipegletters@metronews.ca

metro

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Warning! This has spoilers!

Entertainment etiquette. Do we have to censor ourselves for the slowpokes who haven't finished watching shows yet?

What's a viewer to do when shows like Orange is the New Black dump all their episodes at once? CONTRIBUTED

Rosebud is a sled.

So goes the ending of the 1941 Orson Welles classic Citizen Kane, spoilers be damned!

Revealing secret endings and plot twists has brought on wrath since the dawn of cinema, straight through VCRs to today's DVR-fuelled delays that led to much nail-biting over The Ending That Shall Not Be Spoiled on Breaking Bad.

But exactly what is the magic formula for spoiler grace? When do calls of SPOILER ALERT (insert index fingers in the ears here) expire so we can, maybe, not feel so constipated when discussing our favourite fare in real time?

Does the 13-episode Netflix dump of Orange is the New Black in July equal two months of polite spoiler-free behaviour? Are bets off when a show concludes, or does that depend on how many seasons late adopters would have to slowly, slowly slog through — say Dexter's eight to Breaking Bad's five?

Or is it up to the unspoiled viewer to avoid social media or catch up? Get it done, people!

"I think asking people not to spoil for some reasonable amount of time is fine, although anyone who actually takes it seriously, i.e., gets mad or upset in the event someone does, is an idiot," said technology analyst Melanie Turek in Steamboat Springs, Colo.

"But that 'reasonable' amount of time is, in my mind, about 48 hours after a live broadcast," she explained. "And once a series is off the air and the hype has died down, asking people not to spoil is just silly."

Others think keeping some things quiet — or at least warning our Facebook friends about potential spoilers — is what 21st-century etiquette might advise. At least that's what the ragers who decry spoilers on social media hope for.

Marketer Kim Puckett in Indianapolis thinks "we're all social-media-level entertainment reviewers now" so should respect our written-word audiences on newsfeeds like Twitter or in status updates on Facebook that aren't easy to escape.

"Unfortunately, specific status updates on key plot points might be banned forever," she said.

But in other contexts, Puckett said, "as soon as the show ends, office and social talk should be allowed about the show.

"How can we enjoy shows at a social level if we're always worried that someone is still on season one of The Killing or halfway through Sons of Anarchy?"

Justice is on the side of those who want to blab on Twitter or Facebook, according to Paul Levinson, a professor of communications and media studies at Fordham University and author of the book New New, Media.

The idea that "people have a right to be free of spoilers is absurd, and it's an absurd misuse of the term 'right,'" he said.

"You have a right to communicate," Levinson assured. "I don't think anyone is entitled to that kind of grace. If you feel like writing something you're entitled to write it as long it's not slanderous or libelous or breaking the law in some way. Why anyone would get into a rage about entertainment is beyond me."

He harkened back to buzz over The Crying Game and Dil's reveal as a transgender woman, along with The Sixth Sense and the Bruce Willis character being dead. And there was grumbling over spoiling the purgatory at the end of Lost, at a time when social media was well on its way to engulfing us, he said.

"If the ending is really atrocious, like Lost, then you're probably doing people a favour by letting them know," Levinson said.

Etiquette expert Lizzie Post of the Emily Post Institute sees no value in people "posting a million times, 'Don't spoil anything for me, don't spoil anything for me.'"

Walk away from Facebook, shut down Twitter if you have to, she said.

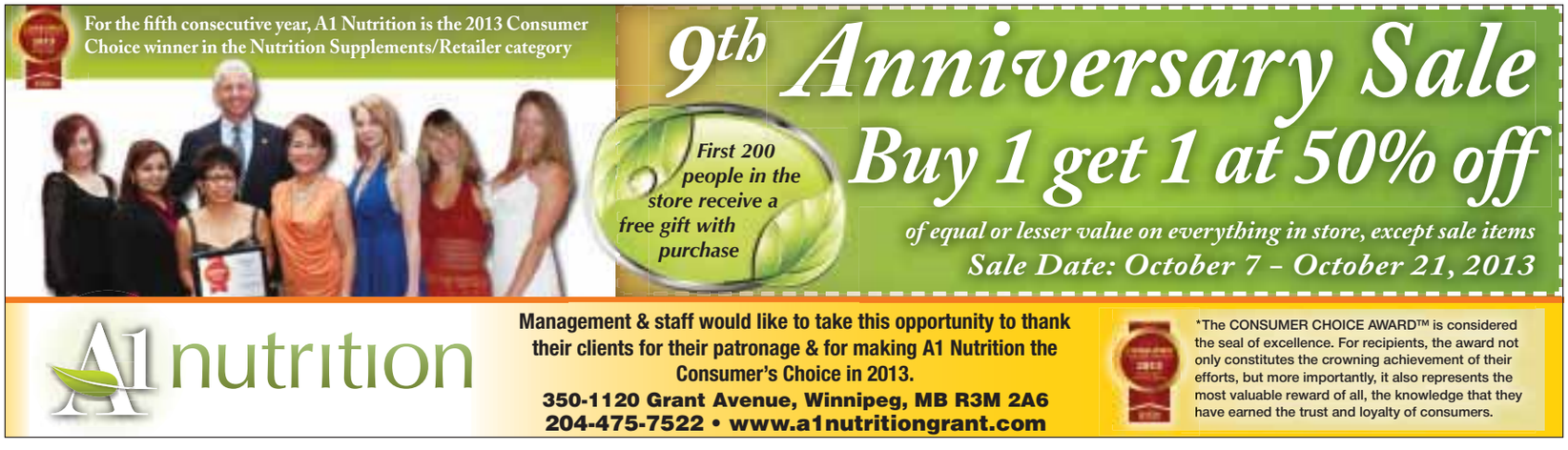
"If you're not living in the current season you have no claim. It's fine if you have a friend who's really into it and you want to say, 'Don't spoil it for me.' But you can't ask the world around you to completely bend."

THE ASSOCIATED PRESS

Too much censorship?

Has the quality of conversation been damaged by the call for spoiler-free discourse?

- "What we've lost is the ability to step back and assess what we've just seen," said Danny Glover, who is in marketing and pays close attention to social media. "I think overall the live conversation is valuable."
- Judith Martin, who writes the Miss Manners columns and books, also believes the burden falls mostly on the person holding out for the surprise. "But if the story is really good, it shouldn't make that much difference," she said. "I still enjoy re-reading Moby-Dick and The Golden Bowl, even though I know perfectly well what is going to happen."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Morgan Saylor stars in Homeland. CONTRIBUTED

The drama has just begun for Homeland's Dana Brody

Troubled times. Actress Morgan Saylor says her character will be facing even more trouble in the new season

MEREDITH ENGEL
Metro World News in New York

Morgan Saylor is cheery when we get her on the phone, which, we have to admit, surprises us a little, given the fact that when we saw her character last week, she had (spoiler alert!) tried to kill herself.

"I'm not as depressed in real life," says the 18-year-old, who plays Dana Brody on Homeland. As the daughter of is-he-or-isn't-he alleged terrorist Nicholas Brody on the runaway Showtime hit, Saylor's character has undergone a lot in the past two seasons: allegations against her father, an accidental hit-and-run, the death of her boyfriend and, as we saw last week, a stint in rehab for a suicide attempt. And according to Saylor, the drama's only just begun.

Now in its third season, the show — which has won six Emmys and five Golden Globes in the two years it's been on — is dealing with the aftermath of a deadly explosion that left many supporting characters dead in the season two finale. Saylor says she was just as riveted by that episode as fans were.

"I remember reading it and freaking out," she says. "I really, really did. I thought it was such a brilliant script. I remember I texted Morena (Baccarin), who plays my mom, and I was like, 'We are on the best show on TV,' because I was so amazed by this script. And she texted back, 'Are you drunk?' She thought I was just being weird and nostalgic."

Saylor doesn't offer too many hints into what we can expect in this new season — which she calls "really, really intense." She's about 10 episodes ahead of the general public and coyly tells us, "It's finally all spreading out. It's very exciting."

But back to the present: This season, she says, the characters will be "picking up the pieces that were left after the explosion," an incident that was "especially hard on Dana."

This Sunday's episode focuses heavily on her character, as Dana juggles new experiences of heartache, loss, love and lust.

"She needs someone who understands what she's (going through)," Saylor says of her new beau, played by Dexter alum Sam Underwood. "As if being a teenager isn't enough!"

When Homeland heroine Claire Danes took home the best actress in a drama Emmy this year for her work as bipolar CIA agent Carrie Mathison, the cast joined Danes in celebrating after the awards, Saylor tells us.

"We all went to the Governors Ball. We scarfed down some food, which was nice. Then I went to an after-party. It was fun. It's always fun to hang out with everybody because I don't work that much with Damian or Claire, so it's a fun atmosphere to hang out with the gang."

The young star is content to keep as normal of a life as possible when she's not filming. She went to her prom this year and plans to study math at the University of Chicago, which she'll attend starting next September. (She deferred a year.)

But juggling the show with her regular life means she's had to sacrifice a lot of sleep.

"The very first day of shooting this year, I had to work super long hours; it was exhausting," she says.

As Saylor would say: "As if being a teenager isn't enough!"

In Canada, Homeland airs Wednesdays on Bravo.

Call me new age

Not Mr. Keaton.
Michael Gross joins the cast of Call Me Fitz as Pat Childs, a serene Steve Jobs type salesman

Michael Gross is a smarmy new-age salesman in Call Me Fitz. CONTRIBUTED

Wholesome TV dad Michael Gross is cutting ties with his beloved '80s image in a multi-episode guest spot for the raunchy Canuck comedy Call Me Fitz.

The former Family Ties star joins the cast this fall as a mysterious business rival to foul-mouthed used car salesman Richard (Fitz) Fitzpatrick, played by Jason Priestley, and the Fitzpatrick clan patriarch Ken, played by Peter MacNeill.

The amiable actor admits the fishy new-age salesman he plays — inspired in part by the serene charisma of the late Steve Jobs — is a far cry from the good-natured Steven Keaton he became famous for in the '80s.

"They decided this faux-guru-like man would be fun for me to do and so they made the offer and I read it and they sent some DVDs of the show and I thought, 'My God, what is this?'" Gross chuckles in a recent phone call while travelling just outside Los Angeles. "It was so fascinating and different."

The degenerate Fitzpatrick clan is as morally bereft as ever in season four, which this time revolves around the arrival of Fitz's baby.

Forced to care for the child, Fitz ends up moving in with his boozy mom Elaine while Larry, Fitz's conscience, decides it's time to investigate the family's twisted history of dysfunction.

Gross turns up several episodes in as the bizarre entrepreneur Pat Childs, a man Gross admits some people might consider "kind of smarmy" but who is not without some appeal.

THE CANADIAN PRESS

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Going behind the Dallas grassy knoll

New movie. Giamatti plays Zapruder in new behind-the-scenes Kennedy assassination flick Parkland

Parkland opened on limited release on Friday. CONTRIBUTED

When Dallas businessman Abraham Zapruder set up his Bell and Howell home movie camera to film President Kennedy's visit, he had no idea he would capture the most examined piece of film footage in human history.

In the 26.8 seconds of footage, Zapruder captured the passing motorcade and then the deadly shot to the president's head, which happened right in front of his camera.

Abraham Zapruder was never the same after that.

Paul Giamatti plays the unlikely documentarian in the new film Parkland, which opened in limited release on Friday as November's 50th anniversary of the assassination approaches.

The film recounts the chaotic events that occurred in and around Parkland Hospital after the president was brought there with hopes of saving his life.

One of the film's plot threads centres around the Secret Service investigation, which leads to Zapruder's 8mm film.

"His eyes literally see the thing," Giamatti says of Zapruder's film.

We learn that Zapruder and the Secret Service scrambled around Dallas to find someone that knew how to process the film, as well as the fickle nature of the amateur format (it's actually 16mm film that exposes half the frame on each side). After the film is processed, there's some earlier family footage captured before the historical sequence from Dealey Plaza.

In an interview at the recent Toronto Film Festival, Giamatti said he felt a great deal of sympathy toward Zapruder, and he saw the essence of portraying the immigrant garment manufacturer was to channel how haunted he was by the ordeal.

"He's this kind of inadvertent witness of the whole thing that I think he felt guilty about filming this thing, witnessing it the way he did. He felt shame and guilt and things like that. You weren't supposed to see this and he made everybody see it," Giamatti said.

But playing him wasn't that easy because Zapruder was not well known enough in public to easily understand his mannerisms.

"He's not known as a person so I have a lot of latitude because nobody knows. But it's a good opportunity. It's a fun role to be able to do that," Giamatti said.

He added: "I definitely felt a certain pressure, a certain responsibility that I'd never felt before to the guy because he really was not a man asking for any of this crap in his life."

The Zapruder film has contributed to much speculation.

"I always think conspiracy theories are more comforting to people. It explains and gives it a narrative whereas if you let it sit, it doesn't make any sense. ... It's definitely more than a murder mystery. It's for a lot of people who are into the conspiracy stuff. It's saying something about a kind of moral rot in the country," Giamatti said.

Based on the book Four Days in November: The Assassination of John F. Kennedy, the film weaves the perspective stories of ordinary citizens, including the unlikely predecessor to what we know today as viral video.

"The Zapruder film was the beginning of what we think of almost as social media, you know? When imagery goes viral it takes on a meaning that transcends itself," said Parkland director Peter Landesman.

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Sinead O'Connor. ALL IMAGES GETTY

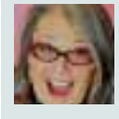
O'Connor switches focus to Cowell and laments the 'murder of rock 'n' roll'

Sinead O'Connor appears to be moving on from Miley Cyrus — to Simon Cowell. "I feel sorry for the murder of music and rock 'n' roll, which has happened because of the industry, because of Simon Cowell, Louis Walsh. It all amounts to the murder of music," she said in an interview with Ireland's Late Late Show recently.

"The power of rock 'n' roll to change things, to move people, is being murdered by all this worship of fame — Pop Idol, X Factor, all this stuff. What I'm worried about is it's all about the visual, the pyrotechnics, the tits out, shake your ass. It's not about the song. That to me is quite sad."

Twitter

@lenadunham
Started calling things "gaymazing" as a joke but pretty soon I was saying gaymazing all the time. I have no room for irony in my life.



@TheRealRosanne
the armageddonites are now trying to trick us all into believing that aliens are on the way.

@pattonoswalt
I need the e-cig equivalent for Cheetos.

Olivier Martinez and Halle Berry

New baby boy for Berry

Halle Berry and husband Olivier Martinez are celebrating a new arrival, as the Oscar-winning actress reportedly gave birth to the couple's first child, a son, in Los Angeles this weekend, according to E! News. This is Berry's second child, after her five-year-old daughter, Nahla, with ex-boyfriend Gabriel Aubry. Martinez confirmed the baby's gender back in June, telling People magazine, "I remain a Frenchman in America, but I adapt to American culture. I feel good there, but I'm still a foreigner. My son will be an American, but I will remain French."

Chris Brown

Doing it at eight will make you great, boasts Brown

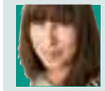
Chris Brown claims that he lost his virginity at the tender age of eight with a girl who was 14 or 15. "It's different in the country," he tells the Guardian. "By that point, we were already kind of like hot to trot, you know what I'm saying? Like, girls, we weren't afraid to talk to them. I wasn't afraid. So at eight, being able to do it, it kind of preps you for the long run, so you can be a beast at it. You can be the best at it."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes The Week

It's all good for Bieber in China and Lohan has parents banned



STARGAZING
Malene Arpe
scene@metronews.ca

While visiting China this week, Justin Bieber got carried up the Great Wall by his bodyguards. Before you get super-upset and start calling him an entitled brat, let's all remember that at least it's not as bad as the time when he made his entourage put him on a box so that he'd appear tall enough to ride the roller-coaster.

Michael Lohan and Dina Lohan are banned from the set of daughter Lindsay Lohan's reality show. That's a fantastic idea and it proves that Oprah's OWN really is in the business of caring. Except about ratings.

A sad week for science. A) Breaking Bad is over forever. B) Due to the U.S. government shut-down, most of NASA's activities are brought to a halt. C) Bill Nye is voted off Dancing with the Stars. D) Cher insists that ex-husband Sonny's ghost visits her and occasionally pulls a prank on her.

A new cellphone game will feature Vladimir Putin fighting an army of zombies. No, it's not called The Walking Red.

Katy Perry says that boyfriend John Mayer is "literally a genius." If that's true you'd imagine he'd be able to teach her the correct use of "literally."

Apple has now passed Coca-Cola as the most valuable brand. And yet, in a game of Rock, Apple, Big Vat of Coca-Cola, Coca-Cola kills your iPhone every time.

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Hotel lunch

Put the iron to use

Travelling with your family? Here's a nutritious and inexpensive lunch that you can prepare in your hotel room.

Buy one roll of tin foil, some sliced, whole wheat bread, two green apples, and a package of sliced cheese. Layer cheese and apple slices between two slices of bread and wrap each sandwich in tin foil.

The secret ingredient is the iron in your hotel room!

Press the heated iron on each sandwich for one minute and unwrap. Presto! Fabulous grilled cheese sandwiches for a fraction of what you'd spend in a restaurant. **EVELYN HANNON/ YUMMYMUMMYCLUB.CA**

An apple a day

Rubber band trick

Sending an apple in your children's lunch boxes but want the slices to stay fresh and un-browned?

Simply cut an apple into sections, re-assemble it back into a "whole" apple again, and use an elastic band to keep the whole thing together.

It's like it had never been cut—and there are no exposed parts to turn brown.

Brilliant and healthy! **LEAH LEITCH/YUMMYMUMMYCLUB.CA**

Exclusively online

Mommy lives in fear of the common cold. Find out why with exclusive Metro content from Lyranda Martin Evans and Fiona Stevenson, authors of the bestselling book Reasons Mommy Drinks, at metronews.ca/voices. Join the laughs on Twitter @momreasons

Mr. Sandman, bring my teen a dream — a nine-hour one

Tips. Help your teen have sweet dreams

ANDREA NAIR
yummymummyclub.ca

When parents bring teenagers to me for psychotherapy, one of the first things I ask about during the initial interview is the amount and quality of their sleep. I do this because I have learned that the majority of the teens I see are chronically sleep deprived, and this compromised state is wreaking havoc on their emotional stability, behaviour, patience and ability to focus. Their relationships, school marks, and health are suffering. Toddlers aren't the only ones who get cranky when tired.

Recent studies identified that teens are sleeping fewer hours as compared to 20 years ago, and showed that 60 per cent of teens will keep their cellphones in their rooms and respond to a text a night.

Create a good sleep environment so your teen is getting enough rest. ISTOCK

What does this mean for parents? It is critical that we be the keepers of our teens' sleep.

Here are four suggestions to help your teen sleep better:

Consistent sleep routine
Sleep routines are not just for little ones. Having regular lights-out and get-up times helps with good sleep hygiene.

Peaceful sleep environment
Consider things you can do to foster a good sleep space. Have the temperature in the home lower at night, remove as much clutter from the sleeping space as you can, keep the lights low and noise off. Many families find having white-noise machines in the hallways do help improve sleep.

Remove and turn off all mobile devices at night
Establish a time when all members of the family will turn their mobile devices off (studies suggest at least an hour before bedtime is optimal) and remove them from the bedroom. In the case where a cellphone has to be kept on as an emergency contact source, put the phone as far away from the bed as you can. Some families have a "device bin" where all mobile electronics get placed at night for safekeeping. Another suggestion is to have all the devices in a central area like the kitchen, plugged in and recharging. Turn off the Internet connection at night. Many new devices like iPods do have messaging functions, and teens will chat with their friends through wi-fi/wired Internet even if they don't have 3G/4G capabilities on the device.

Be the exhaustion police
Many teens have very little down time between classes, sports, activities, friends, and homework. Talk to your teen about his or her schedule and make sure there is space for rest and fun.

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Sleep quiz

- **How many hour of sleep do teens need to function properly and for good health?** Answer: 9
- **What is the number of hours of sleep most teens actually get?** Answer: 7
- **Why are most teens sleep deprived?** They have mobile devices/ laptops and computers in their rooms overnight.

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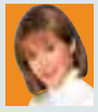
Healthy eating

Choose it and lose it



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You know when you get that mid-day craving for a snack? Be careful what sweet treat you reach for because you may be biting into high calories and lots of fat.

Starbucks Outrageous Oatmeal

360 calories / 15 g fat
Oatmeal in cookies is rarely healthy. Sugar and butter make up most of this cookie.

Equivalent

One Starbucks Outrageous Oatmeal cookie is equal in fat to eight low-fat vanilla yogurts with berries.

Bubbies Cinnamon Crunch Biscotti

170 calories / 1 g fat
This delicious cinnamon biscotti is made with little fat and sugar and is a nutritionally better treat.

Put a pep in your step and some peppers in your oven

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This recipe serves four. ROSE REISMAN

Ingredients

- 2 cups beef (or chicken) stock
- 1/2 cup brown rice
- 2 tsp vegetable oil
- 1 cup diced onion
- 1 cup canned corn, drained
- 1/2 lb lean ground beef
- 1 1/2 cups canned red kidney beans, drained and rinsed
- 1 1/2 tsp chili powder
- 1/2 each tsp dried basil and ground cumin
- pinch of salt and pepper
- 1/2 cup medium salsa
- 3/4 cup shredded aged cheddar cheese
- 1/3 cup low-fat sour cream
- 1/3 cup chopped parsley
- 4 medium bell peppers

1. Preheat oven to 375 F. Line baking sheet with foil; lightly coat with cooking spray.

2. In saucepan, bring stock and rice to boil. Reduce heat to low, then cover and simmer 25 minutes or until the rice is tender. Drain any excess stock.

3. Lightly coat saucepan with cooking spray, add oil and set over medium-high heat. Add onion and sauté 3 minutes. Add corn and sauté another 5 minutes or until corn starts to brown. Add ground beef and sauté until no longer pink, about 3 minutes.

4. Add cooked rice, beans, chili powder, basil, cumin, salt, pepper and salsa and cook for 1 minute. Remove from heat and add 1/2 cup of cheese, along with sour cream and parsley.

5. Carefully remove and discard the top from each of the peppers. Remove the ribs and seeds and discard. Place the peppers on the baking sheet and fill them with the beef stuffing. Bake for 25 minutes.

6. Sprinkle with remaining cheese. Bake 2 minutes or just until the cheese melts.

Correction

Thursday's Metro contained ingredient errors in the Sweet Potato Mac and Cheese recipe. The recipe calls for 1/4 cup (60 ml) butter and 1/2 cup (125 ml) grated Parmesan cheese.

Cultural mash-up chili

A robust chili that's on the table in just 30 minutes? Thanks to a blending of Hispanic and Asian flavours, it's easy.

Start with the base of an average turkey chili — some onions, jalapenos, garlic, ground turkey and white beans. Nothing unexpected there. But all those basics get a serious flavour boost from an unexpected ingredient — sweet white miso. It's the same stuff used in the soup you slurp at the sushi bar.

Turkey and Corn Chili with Sweet White Miso

This recipe serves eight. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 2 tbsp canola oil
- 1 large yellow onion, diced
- 1 to 2 jalapeno chilies, finely chopped (for less heat, discard the inner ribs and seeds)
- 4 cloves garlic, minced
- 1 tsp ground cumin
- 2 1/2 lbs (40 oz) lean ground turkey
- 15-oz can white kidney or navy beans, drained
- 1 quart low-sodium chicken broth
- 1/2 cup sweet white miso
- 6 ears corn, husks and silk removed (or 3 cups frozen corn kernels, thawed)
- Salt and ground black pepper
- 2 limes, cut into wedges, to serve
- Chopped fresh cilantro, to serve

Miso is an underappreciated ingredient. It effortlessly amps the savoury-salty flavour of anything it touches, particularly in wet rubs and other sauces for meat. In this recipe, it replicates in just minutes a depth of flavour you'd normally need a long simmer to attain.

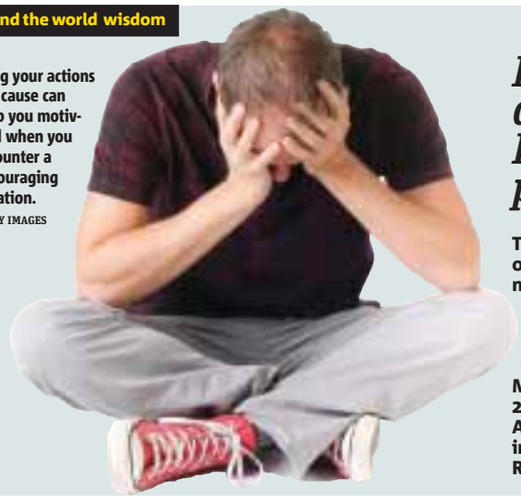
And don't be put off by the "sweet" in the name. Sweet white miso isn't really sweet, just milder than darker miso.

1. In a large saucepan over medium-high, heat the oil. Add the onion, chilies, garlic and cumin, then sauté until the onion is just starting to brown, about 8 minutes. Add the turkey and sauté, breaking up any large clumps, until browned, about 10 to 12 minutes. Add the kidney beans, chicken broth and miso. Bring to a simmer, stirring often to dissolve the miso, then cook for 5 minutes.

2. Meanwhile, one at a time stand each ear of corn on its wide end. Use a serrated knife to saw down the length of the cob to remove the corn kernels. Add the corn to the chili, then return to a simmer and cook for another 5 minutes. Season with salt and pepper. Serve with lime wedges and cilantro.

THE ASSOCIATED PRESS

'Round the world wisdom



Tying your actions to a cause can keep you motivated when you encounter a discouraging situation.
GETTY IMAGES

Facing adversity? Invent a purpose

The severe market crash of October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June 2009, followed by the Atacama Crossing in Chile in 2010, and the Sahara Race in Egypt in 2011. In this post, I share a lesson about life, learned from the desert.

LESSONS FROM THE DESERT
Stefan Danis
life@metronews.ca

Signing up for a desert race was my way of creating a positive challenge for myself, one I could then use as a tool to tackle other obstacles. I was so determined to complete the desert race that I committed to raising $25,000 for a charitable cause close to my heart.

But as the long hours of a brutal training schedule took their toll, I fell prey to the law of diminishing intentions. With mounting pain that ultimately culminated in injury, I had to make countless visits to health-care practitioners. My resolve weakened. Seeing my goal slip away, I decided I had enough and called it quits.

The next day I received a large and unexpected sponsorship donation. It was like a slap in the face — and it reignited my commitment to the project.

Once in the desert, I started blogging to raise much-needed funds for the charity. The blog posts caused a sea of supportive emails from family, friends and strangers back home. Every time pain hit and I contemplated quitting, I focused on those emails and found the strength to continue on.

Having a cause helped tether my actions to a higher purpose. Like running, most of life's activities can be solitary; running for others is not. When you face adversity, invent a purpose and grow your own wings.

STEFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

Skype breaks boundaries in language education

Distance learning. Conversing via web video is 'amazingly similar to a one-on-one class,' says the founder of Live Lingua

NATALIE SHURE
Metro World News in New York

Skype has already revolutionized the way more than 50 million registered users communicate with faraway friends and family. Now, the web-based video-calling platform may be poised to overhaul foreign language education as well, eliminating barriers like location, money and time.

Ray Blakney started Live Lingua, one of the world's top Skype-based foreign language immersion schools, in 2008.

While learning Spanish through the immersion method in the Peace Corps in Mexico, Blakney came to understand the importance of practising conversation skills with native speakers — and Skype helps learners connect with such speakers.

"It's amazingly similar to a one-on-one class," Blakney says. "It really feels like you're sitting there talking to these people. You don't have to sacrifice that much."

Live Lingua offers several languages and dialects, and most students are taught spoken communication. Instructors can diagnose their needs as they go. Most students start with at least some spoken proficiency — including Blakney himself, who is brushing up his rusty Turkish with Live Lingua.

For students whose focus is more on grammar, reading or writing, Skype coursework does have its limitations. Joseph Miranda, founder of NoteFull, started his company to prepare students for the TOEFL exam. TOEFL is an advanced English proficiency test required for non-native speakers to study or practise in the U.S. NoteFull uses Skype for tutoring sessions, but relies primarily on other web teaching materials.

Liliana Novikova, a multilingual foreign language teacher based in Ukraine, agrees that Skype lessons are best for non-beginners. For them, teachers prefer a textbook they can point to, or to draw pictures and examples. And at any level, lessons can be sabotaged by spotty Internet connections. "It's rarely infallible," Novikova says. "Most classes are interrupted at least once."

Despite Skype's shortcomings, Novikova is still pleased to connect with students she otherwise couldn't. "It offers complete geographical freedom. But students and teachers still feel connected to each other, and they can achieve almost the same progress as they would face-to-face."

Limitations of Skype

- "Skype doesn't lend itself to presenting information," says Joseph Miranda, founder of NoteFull. "Coupled with a website, then it becomes effective. For writing, you'd be texting back and forth."
- Still, it offers major scheduling advantages for busy adults: "Skype is on 24 hours a day, seven days a week," he said. "So it lends itself to flexibility."

Skype is the newest platform for foreign-language education. GETTY IMAGES

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Series aims to keep dropouts in school

Television. A six-part show brings boldface names such as Suze Orman, Oliver Stone and Swizz Beatz in to teach at-risk students

ALISON BOWEN
Metro World News in New York

Swizz Beatz works with at-risk students in Dream School, a new Sundance Channel documentary series. JC DHEIN/SUNDANCE CHANNEL

Students are starting a new school year, and one of educators' biggest challenges is keeping them there — and hopefully funnelling them toward college.

A new documentary series, the Sundance Channel's Dream School, highlights what is being called a dropout crisis. The six-part series premieres Monday night and follows students as they learn from an array of celebrities, from musician and producer Swizz Beatz to financial guru Suze Orman and director Oliver Stone.

The 15 Los Angeles students, all ages 17 to 18 — a pivotal age at which students traditionally decide to drop out or stay in school — were either expelled or had dropped out, and each professor tries to spark their interest.

We spoke with Steven Keller, a California superintendent involved with the series, about how the students reacted to their unusual educational atmosphere.

What are some of the challenges of keeping kids in school?

First of all, family engagement. Moms, dads, uncles, aunts, grandmothers, grandfathers need to hunker down with their family members and engage their family members. As a family and as a country, we need to take ownership of each and every kid to really push them and motivate them to get to school each day and check in on them when they get home from school, make sure they have some accountability when the kids get home, whether a potential dropout or not.

The second piece, of course, is funding. There needs to be more funding specifically for kids that are earmarked as potential dropouts. We as educators need to look at restructuring and reforming how we serve this population. And then the last piece is, we as educators need to assess what works and what doesn't work and adjust and make changes and reflect on our practice. So there are certainly three layers to it that play into this.

Did anything surprise you in making this documentary?

I think the celebrity teachers genuinely wanted to connect with the kids. All of them really do. They were nervous, even scared. They would constantly ask for feedback. I'm not saying they all performed brilliantly, I'm just saying they all took their craft seriously. ... No one showed up thinking they were going to wing it.

What different types of styles did students respond to?

Suze Orman came in with business to make. She was ready to go, she was not going to play any games. You'll have to see. The students clearly respond to that style.

Signs to look for

What are some of the symptoms of someone who might be at risk of dropping out?

• "A lot of people look at traditional data," says Stephen Keller, a California school superintendent involved with Dream School. "On the other hand, we look at other factors. We look into attendance. We actually look at social emotional assessment with kids, to find out how engaged they are at school."

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Ducks forward Corey Perry and Jets defenceman Dustin Byfuglien crash into Ondrej Pavelec's net as Teemu Selanne works down low on Sunday night at MTS Centre.
MARIANNE HELM/GETTY IMAGES

Teemu takes a bow as Ducks top Jets

NHL. Finnish Flash takes win back to Anaheim in likely his last pro appearance in Winnipeg

Corey Perry took advantage of a Winnipeg mistake to score the winning goal in the Anaheim Ducks' 3-2 victory over the Jets on Sunday night.

Jets defencemen Zach Bogosian had raced down the ice to grab a loose puck behind the net, but when he turned to clear it up the ice, he fanned on the shot and the puck went to Perry in front of the net.

On Sunday

3	2
Ducks	Jets

The Ducks winger quickly put a high shot above goalie Ondrej Pavelec at 14:29 to the groan of fans at MTS Centre.

Goalie Viktor Fasth made 15 saves in a win that lifted Anaheim's record to 2-1-0. Pavelec faced 33 shots as the Jets went to 2-1-0.

Mathieu Perreault and Andrew Cogliano also scored for Anaheim, which concluded a season-opening, three-game road trip.

Andrew Ladd had a pair of goals for Winnipeg and Blake Wheeler assisted on both of them in his 375th NHL game.

Some of the game's loudest cheers were aimed at Anaheim forward Teemu Selanne, who began his NHL career with Winnipeg in 1992-93 by setting rookie records of 76 goals and 132 points during a campaign fans have never forgotten.

The crowd gave a roaring cheer during the singing of the American national anthem when the videotron showed the 43-year-old Finnish Flash.

Selanne also got a standing ovation midway through the first period after the announcer at MTS Centre noted his storied career, which Selanne has said will end after this season. He stood up from the bench and acknowledged the cheering with a wave of his glove.

After playing 231 games in a Jets uniform, Selanne was traded to Anaheim in February 1996.

THE CANADIAN PRESS

Golf

Ailing Tiger leads U.S. to Presidents Cup victory

The Presidents Cup ended Sunday the same way it always goes — an American celebration after Tiger Woods delivered the winning point.

Woods' back flared up on him again in the final hour at Muirfield Village. He still managed to hang on to beat Richard Sterne, 1 up, to give the Americans the 18 points they needed to win the Presidents Cup for the fifth straight time.

THE ASSOCIATED PRESS

Tiger Woods on Sunday in Dublin, Ohio. GETTY IMAGES

NFL

Manning moves towards yardage record in win

Peyton Manning has passed Dan Marino for second place on the career passing yardage list on Sunday.

The Denver quarterback threw for 414 yards in a 51-48 victory over Dallas, moving past the former Miami star. Manning has 61,371 yards to 61,361 for Marino.

Brett Favre is the leader at 71,838 career yards.

THE ASSOCIATED PRESS

Pirates' flag flying high after Game 3 win

Josh Harrison scores the go-ahead run in the Pirates' 5-3 win over the Cardinals on Sunday in Pittsburgh. JUSTIN K. ALLER/GETTY IMAGES

Pinch-runner Josh Harrison stood on second base in the bottom of the eighth inning and pointed to Pittsburgh Pirates third base coach Nick Leyva.

"I told him to get that arm ready, because I'm coming," Harrison said.

Moments later, Harrison was streaking across home plate to give the Pirates the lead. Minutes after that, the Jolly Roger that's been a fixture on the Pittsburgh skyline all summer climbed up the flagpole again.

Game 3

5	3
Pirates	Cardinals

Harrison scored on Pedro Alvarez's tiebreaking single Sunday, sending the Pirates to a 5-3 victory over the St. Louis Cardinals that staked Pittsburgh to a 2-1 lead in the best-of-five NL division series.

Russell Martin followed with a sharp RBI single against reliever Kevin Siegrist, who took over after Carlos Martinez (0-1) faltered.

The go-ahead single was the latest big hit by Alvarez. He homered in the first two games against St. Louis and is 4 for 10 with four RBIs in the series.

"Raise the Jolly Roger!" is the rallying cry for this wild-card team, now one victory from its first post-season series win since winning it all in 1979. THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
If you are bored with the same old places and faces now is the time to make changes.

♉ Taurus
April 21 - May 21
An offer that comes out of the blue may look too good to be true but with Venus, your ruler, moving into the wealth area of your chart today it may pay you to take a closer look. It could be for real.

♊ Gemini
May 22 - June 21
The cosmic balance is shifting in your favour and you should take advantage of it over the next few days.

♋ Cancer
June 22 - July 23
You seem to believe that those you work with are operating according to a hidden agenda and that you alone are being kept in the dark. You need to get over yourself. Can you spell "paranoia"? There's no conspiracy.

♌ Leo
July 24 - Aug. 23
Affairs of the heart are high on your agenda and with love planet Venus moving into the most dynamic area of your chart today you won't hesitate to let that special someone know how you feel.

♍ Virgo
Aug. 24 - Sept. 23
What should concern you now is the bigger picture. What is your place and role in the world? Like everyone you were born with a purpose and a plan and your task this week is to find out what it is.

♎ Libra
Sept. 24 - Oct. 23
Venus, your ruling planet, urges you to raise your sights and accomplish something truly outstanding.

♏ Scorpio
Oct. 24 - Nov. 22
You will get the chance to show a loved one how much you really care for them today. If you are minded to buy them a gift make it something small but tasteful. It's not about how much it costs.

♐ Sagittarius
Nov. 23 - Dec. 21
A great deal of joy is forecast for you over the next few days. Much of it will come from spending time with friends, relatives and the kind of people who accept you for who and what you really are.

♑ Capricorn
Dec. 22 - Jan. 20
The more others urge caution this week the more inclined you will be to take chances – and you'll be glad you did.

♒ Aquarius
Jan. 21 - Feb. 19
Your luck will change for the better today. Why? Because the good things you did for so many people in the past will now start to come back to you.

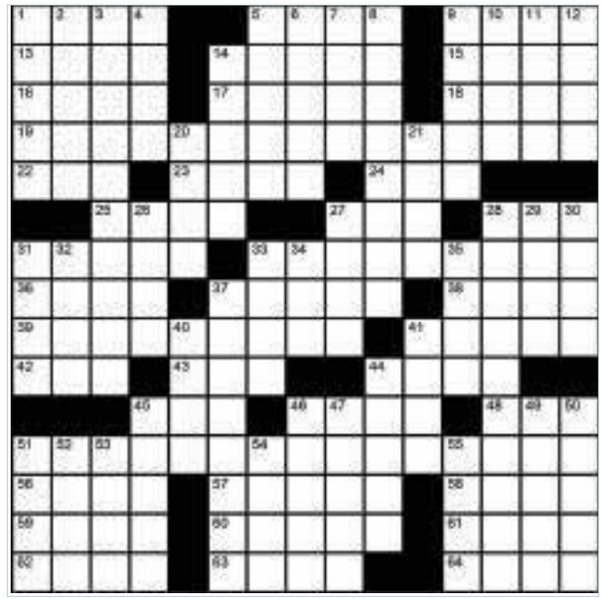
♓ Pisces
Feb. 20 - March 20
Someone in a position of authority thinks you are the best thing since sliced bread. What have you done to be so highly regarded? Who knows, but you can and you must take advantage of what they offer you.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



Across

1. Mr. Jones of The Monkees
5. Abodes, hip-style
9. Desert hill
13. Mars: Prefix
14. Funny book
15. Swear
16. Close at hand, in poetry
17. Reddish-brown hair rinse
18. Very dry
19. Seat for Queen Elizabeth on The Great Seal of Canada: 2 wds.
22. WSW opposite
23. "Assuming that's true...": 2 wds.
24. Unpositive utterance
25. Officially choose
27. "Dragons' __"
28. Dance step
31. Put up with
33. Barenaked Ladies' "The Old __"
36. French Sudan, now
37. Prices
38. Creative
39. Ontario town which is the ancient Roman word meaning 'Scotland'
41. Bette Davis/Errol Flynn movie, "The Private Lives of Elizabeth and __" (1939)
42. Compass dir.
43. Soldier's food-in-a-packet [acronym]
44. Make cake
45. Craze
46. Enzyme suffixes
48. Energy
51. 1970 October Crisis: Prime Minister Trudeau's famous quote: 4 wds.
56. Sanction
57. Aired again
58. "__!... I Did It Again"
59. Sentence segment
60. Skips
61. Not tricked: 2 wds.
62. Guitar great Duane
63. Puppy's protests!
64. Car starters

Down

1. Have fun at the nightclub
2. Dolphin-riding Greek poet
3. Alberta town which is east of Edmonton
4. __ National Park, BC
5. The Tragically Hip song
6. Prenatal test, commonly
7. Wilma's pet
8. 1981 David Cronenberg horror movie
9. Sprint-like
10. Eye part
11 . "Me neither.": 2 wds.
12. Washstand vessel
14. Fray
20. Evening, informally
21. Isn't able
26. Comical cat's chum
27. Stuff collected from research
28. __ Theatre (Saskatoon theatre company named after an ancient goddess)
29. Payment in poker
30. Greek Myth: Charon's river
31. Some old Jeeps, e.g.
32. Meadowland sounds
33. Super-duper
34. Greek†alphabet letter
35. Jim Carrey movie, "The __" (1994)
37. Casual material
40. Music key, _ __.
41. The __ Coast
44. Kidney, and others
45. The Snowbirds maneuver
46. From Depeche Mode's "World In My Eyes": "Let me take you on _ __..."
47. Police squads, e.g.
49. Beerless beer bottle
50. Monetary units in Mexico
51. Created carpeting
52. Added to income, with hard work
53. Grease
54. Quasi
55. Work in the kitchen

Friday's Crossword

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	4		9	7				
	9		8				5	6
		1	2			8		
						5	3	8
7				3				2
2	8	3						
		7			6	3		
1	5				4		8	
				5	2		6	

Friday's Sudoku

Weather

TODAY	TUESDAY	WEDNESDAY
MAX: 16° MIN: 6°	MAX: 19° MIN: 9°	MAX: 18° MIN: 7°

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